

SafeUSC

See something, say something

WHAT IS BULLYING?

Bullying occurs when there is unwanted persistent or repeated, deliberate behaviour towards a person which is intended to cause harm, fear or distress. There is usually a perceived or real power imbalance between the parties involved. It can include behaviours such as threats, harassment, stalking, exclusion, rumours, verbal and physical abuse that occurs in an ongoing manner. This behaviour can occur through a variety of means including online, email, phones and other devices or in person.

How bullying can affect individuals

People who have experienced bullying often report they felt the following impacts:

- Feeling guilty like it is your fault
- Feeling hopeless and stuck like you can't get out of the situation
- Feeling alone, like there is no one to help you
- Feeling like you don't fit in with the cool group
- Feeling depressed and rejected by your friends and other groups of people
- Feeling unsafe and afraid
- Feeling confused and stressed out wondering what to do and why this is happening to you
- Feeling ashamed that this is happening to you

What to do if you are bullied

Take action:

It's important to take steps to stop the behaviour when safe to do so. Steps that you can take include:

- Asking the person to stop the behaviour
- Let the person know that you don't like the behaviour and you find it inappropriate
- Walk away when the behaviour is occurring or ignore it
- Ask the person to remove unwanted or harmful or offensive content online
- Block the person online
- Do not respond to messages

Seek support and advice

Being bullied can be stressful and frightening. There are services and support that can help you manage the impacts and deal with the behaviour.

- Talk about how the behaviour is affecting you
- Engage with a professional support service, or online expert

- Talk to someone – let someone you trust, such as a friend, teacher, family or counsellor, know what is happening
- Ask for help from friends and those around you to help manage the behaviour and respond to the bully when it's occurring
- Focus on your wellbeing – do things that make you feel good; focus on positives in your life

Report and record the behaviour

- Bullying is often covert – meaning no one else can see the behaviour. This is why it is important to report and record the behaviour
- Keep any evidence of the behaviour including texts, screen shots etc
- Keep a record of incidents including when, what, where and how you responded
- Report the behaviour to the online platform it is occurring on eg Facebook, Instagram
- Report the matter to the University through Student Wellbeing, security or feedback via Student Central
- Report the matter to police if you feel threatened or are concerned for your safety
- For serious cyber bullying matters you can report it to The Australian Cybercrime Online Reporting Network (ACORN). It is a secure reporting and referral service for cybercrime and online incidents that may be in breach of Australian law

Helping others

Bystanders can be effective in addressing and stopping bullying behaviour. If you witness someone being bullied, and you feel safe to do so, offer support by:

- Asking the person being bullied if they are ok or need help
- Draw attention to the situation by telling others around, asking the bully to stop
- Report it to an authority such as security, or other USC staff
- Keep calm – getting abusive or violent won't help
- Listen and support the person being bullied and encourage them to report and seek help.



Support and referral options

Student Guild – Advocacy & Welfare. Support and help to students prepare for meetings, understand University decisions and correspondence. Legal advice. Ph: 5456 3742 for an appointment.

Student Wellbeing - provides free and confidential support for students including counselling, academic adjustments and support. Ph: 5450 1226

SafeUSC Specialist Service - support and reporting options for students who have concerns about problematic behaviour, including harassment, bullying and discrimination. Ph: 5456 3864

After hours crisis support: 1300 MHCALL



SafeZone is a your free on-campus safety app. USC uses SafeZone to manage emergency response and communications during incidents that take place on campus. The app connects you directly with the SafeUSC Community Team or emergency services. It's also for those times you just need some help; it might be an escort back to your vehicle, assistance for those with a disability or if you require first aid.

You can use SafeZone to:

- **Call for help** - if you need assistance on campus
- Call for **first aid** – if you need medical assistance
- Call for **emergency assistance** – if you feel threatened or need urgent assistance
- **Check-in manually or automatically** when working alone
- Receive **Campus notifications** – if there is an incident on campus that requires you to take action.

